



New Report Highlights Urgent Need for Dual Diagnosis Care in Tennessee

December 03, 2025

Tullahoma, TN - December 03, 2025 - PRESSADVANTAGE -

A new educational blog from ReVIDA® Recovery's Tullahoma location, "Mental Health and Opioid Use Disorder in Tennessee: Why Dual Diagnosis Care Matters," is shining a light on the close connection between untreated mental health conditions and opioid use disorder, and what effective treatment must include in response. Written for individuals, families, and referral partners, the piece walks through how depression, anxiety, trauma, and opioid use often overlap and why coordinated care is essential for long-term stability.

The article opens with a clear message: for many Tennesseans, opioid use disorder is not simply about a substance. It is also about the anxiety that will not quiet down, the depression that will not lift, or the long-ignored trauma that has shaped daily life for years. Citing research from the National Institute on Drug Abuse, the blog notes that people with mood or anxiety disorders are about twice as likely to develop opioid use disorder. In a state where more than 3,800 lives were lost to overdose in 2022, this overlap is not an abstract statistic but a daily reality for families and communities.

From there, the blog explains why mental health and opioid use disorder so often move in lockstep. For

some, opioids initially seem to offer relief from emotional pain or sleepless nights. For others, long-term opioid use gradually worsens mood, increases anxiety, and disrupts the brain's ability to regulate stress. Childhood trauma, injuries, chronic pain, and post-traumatic stress disorder are all described as common points where these conditions intersect. The message is straightforward: treating only one side of the equation leaves the door open for relapse or ongoing symptoms.

To answer that challenge, the article outlines ReVIDA® Recovery's dual diagnosis approach in Tullahoma, breaking the process into five accessible steps. It begins with a comprehensive intake, where clinicians review medical history, current medications, substance use patterns, mental health symptoms, and social factors such as housing, employment, and family support. Risk for overdose, self-harm, or acute mental health crises is also assessed. This initial step is framed as the foundation for every decision that follows, ensuring that care is tailored rather than generic.

The blog then describes how the team creates a personalized treatment plan that addresses both mental health and opioid use disorder. Goals are set for recovery and emotional health, evidence-based therapies such as Cognitive Behavioral Therapy, Dialectical Behavior Therapy, group counseling, and trauma-informed care are selected, and decisions are made about whether Suboxone® or Sublocade® is appropriate. Flexible outpatient scheduling helps treatment fit into real lives that already include work, caregiving, and other responsibilities.

Evidence-based therapy is described as a central pillar of this model. The article explains how counseling helps individuals understand the connection between thoughts, feelings, and behavior, build coping skills, address past trauma, and find new ways to manage stress. Psychoeducation about the link between mental health and opioid use is emphasized as another key ingredient, giving patients and families language for what has often felt confusing or overwhelming.

Medication-assisted treatment is presented as an important partner to therapy, not a standalone solution. The blog outlines how Suboxone® and Sublocade® can reduce cravings, stabilize brain chemistry, and support long-term recovery when paired with counseling and monitoring. Common myths about Sublocade® are addressed directly, including the belief that it simply replaces one opioid with another or must be taken forever. The article explains that treatment length varies by individual, that Sublocade® is FDA-approved, and that recovery is not defined by the presence or absence of medication but by safety, stability, and quality of life.

Another section focuses on what happens after the first few weeks of care. Ongoing support is described as essential rather than optional. Regular counseling, relapse prevention planning, peer support, check-ins with MAT providers, and practical assistance with housing, employment, and legal concerns all work together to reduce isolation and keep recovery moving forward. The blog stresses that recovery is a long-term process

and that consistent, coordinated help dramatically improves outcomes.

The piece closes with a look at how ReVIDA® Recovery's Tullahoma location addresses common gaps in traditional care. A comparison table highlights how uncoordinated treatment can miss or delay mental health diagnoses, leave individuals feeling stigmatized and alone, or result in incomplete recovery. Against this, the Tullahoma program is described as offering integrated MAT and mental health care, comprehensive assessments, and connection with peers who understand the dual challenges of opioid use disorder and co-occurring conditions. ReVIDA® accepts TennCare, Medicare, and most major commercial insurance plans, helping to make dual diagnosis treatment more accessible across the region.

Individuals, families, and referral partners seeking more information about the new dual diagnosis blog or about opioid use disorder treatment at ReVIDA® Recovery in Tullahoma can contact the admissions team at 423-631-0432 to learn more about available services, insurance coverage, and next steps in care.

###

For more information about ReVIDA® Recovery Tullahoma, contact the company here: ReVIDA® Recovery Tullahoma
Fancy Kilgore (931) 222-4075 generalinfo@revidarecovery.com 127 Ledford Mill Rd Suite B Tullahoma, TN 37388

ReVIDA® Recovery Tullahoma

Opioid use disorder has taken too many lives in Tennessee, and the losses keep piling up. Every overdose represents a person, each with a story, a personality, and a life worth living.

Website: <https://www.revidarecovery.com/locations/tullahoma-tn/>

Email: generalinfo@revidarecovery.com

Phone: (931) 222-4075

